

## SMOOTHIES £4.50

### THE PLANT FACED REVIVER

*Celery • Cucumber • Apple • Spinach • Pineapple • Lemon • Avocado • Ginger (Ginger Optional)*

### THE SWEET AND DELIGHTFUL

*Blueberries • Coconut Yogurt • Pineapple • Chia Seeds • Bananas • Agave Syrup • Butterfly Pea Powder  
Option of Plant Milk – Recommended Coconut*

### THE PEANUT BUTTER PROTEIN CHOCOLATE

*Banana • Peanut Butter • Cocoa Powder (Or Optional Chocolate Protein Powder) • Agave Syrup  
Option of Plant Milk – Recommended Soya*

### THE INEVITABLE BERRY SMOOTHIE

*Strawberries • Raspberries • Mango • Banana • Flaxseed • Pink Pitaya Powder  
Option of Plant Milk – Recommended Soya*

### THE APHRODITE

*Banana • Strawberries • Cherries • Vanilla • Cocoa Powder  
Option of Plant Milk – Recommended Oat*

### THE MATCHA GREEN

*Banana • Spinach • Flaxseed • Vanilla • Matcha Powder  
Option of Plant Milk – Recommended Coconut*

## MILKS

*Soya Milk*

*Oat Milk*

*Coconut Milk*

*Cow Milk (Meant for baby cow's – Not for you!)*

## EXTRAS

- *Chocolate Vegan Protein Powder (22g protein) £1.00*
- *Vanilla Vegan Protein Powder (22g protein) £1.00*
- *Flax Seeds - Chia Seeds £0.50*



## JUICES £3.50 *Served Over Ice*

### THE PURIFIER

*Cucumber • Celery • Spinach • Apple • Lime • Ginger*

### THE OXYGENATOR

*Beetroot • Carrots • Apple • Orange • Lemon*

### THE ANTI-VIRUS

*Carrot • Orange • Spinach • Ginger*

### THE ROYAL CABBAGE

*Red Cabbage • Carrots • Apple*

### THE LEMON SHERBERT

*Apple • Lemon*

## SHOTS £2.25

### GINGER SHOT

*The Ultimate Immune Booster - be prepared!*

### GINGERAID SHOT

*Ginger • Apple  
Smoother than the pure ginger, so you don't have to cry in the toilet like I did!*

### THE ANTI-INFLAMMATORY SHOT

*Ginger • Apple • Turmeric  
The Ultimate Immune Booster with the added extra of tumeric for inflammation reduction!*